



WIC POLICY AND PROCEDURE MANUAL

Michigan Department of Community Health

Chapter/Section: Exh. 6.02A

Effective Date: 12/1/03

Issue Date: 11/1/03

6. NUTRITION SERVICES

6.02 Content of Nutrition Education

FINAL

Exhibit 6.02A Nutrition Education Lesson Plans

Some benefits of lesson plans are that they:

- Provide a method for organizing information or learning activities;
- Serve as a review for staff who provide the nutrition education encounter;
- Save time in documenting encounters in participant charts;
- Can be used in training new staff;
- Assure consistency of information presented and learning methods used;
- Help prevent unnecessary repetition of nutrition information to participants.

Lesson plans will be most valuable if they include the following (required elements starred):

1. *Title or topic area (and number, code or abbreviation to be used on documentation form).
2. *Learning objectives: These should describe what the participant should know or be able to do after the lesson is complete.
3. Introduction: The introduction informs the participant what they will learn, puts them at ease, stimulates interest, lets them know what is expected of them and sets the pace for the class or discussion.
4. *Definition of target group: For example, breastfeeding mothers, overweight children, pregnant adolescent, etc.; desired size of group; and life cycle (late or early pregnancy, etc.)
5. *Learning activities or methods: Lecture, group discussion, demonstration, question-answer period, film discussion, role playing, etc.
6. *Materials: Visual and audio-visual, food models, puppets, flip charts, posters, films, slides, filmstrips.
7. Equipment and facilities needed: Projectors, screens, seating arrangements, etc.
8. Handouts related to the topic.
9. Feedback questions: To encourage participant discussion and question and for evaluation of comprehension.
10. Approximate time needed for encounter.
11. *Presentation: Outline of content to be presented, sequence of activities, and how materials are to



WIC POLICY AND PROCEDURE MANUAL

Michigan Department of Community Health

Chapter/Section: Exh. 6.02A

Effective Date: 12/1/03

Issue Date: 11/1/03

6. NUTRITION SERVICES

6.02 Content of Nutrition Education

FINAL

be used.

12. Summary: The conclusion of the lesson should summarize the key points stressed during the presentation. This may be done orally, through question and answer period, written post-test or quiz, or other method.
13. *Evaluation methods and materials: How will participant's comprehension be assessed; what are indicators that knowledge, attitudes, or behaviors may have changed, that objectives have been achieved.
14. *Local Agency staff who are trained to present this lesson.
15. *Reference: Source of information used to develop the lesson plan; sources of additional information on the same subject.

Other examples of lesson plan outlines may be found in The Idea Book (USDA 1981, Chapter 2).